

NWHW

NATIONAL WOMEN'S HEALTH WEEK

May 12-18, 2019



Are you ready to find your health?

Your health journey snapshot:

Congratulations! Reflecting on your health habits, what motivates you, and what's holding you back is the first step toward overcoming your obstacles and meeting your goals. Health is a journey, and this is a snapshot of where you are today. Commit to taking steps toward a healthier you with the customized tips we've outlined below. Remember to find what works for your lifestyle and your abilities and to be patient with yourself. Small changes can add up to big rewards. You've got this!

Visit womenshealth.gov/nwhw for more information.

Call the OWH HELPLINE: 1-800-994-9662 9 a.m. – 6 p.m. ET, Monday – Friday

